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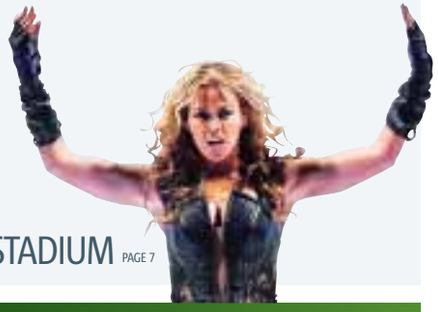

SINGER BRINGS HEAT TO STADIUM PAGE 7

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BALTIMORE BRINGS IT

Baltimore Ravens fans celebrate at a pub in Baltimore on Sunday after their team scored the third touchdown against the San Francisco 49ers during the Super Bowl. The Ravens beat the 49ers 34 -31. More coverage, pages 7 and 13. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Zoo-per cool Arctic playground opens

Assiniboine Park Zoo unveils three new attractions in anticipation of upcoming Journey to Churchill exhibit PAGE 2

RCMP kept eye on Occupy

Mounties compiled dossier on Occupy activists in Ottawa, report reveals PAGE 4

Why you shouldn't tell kids to finish *all* their veggies

Metro's family columnist rounds up the things parents say to kids that send the wrong messages about food PAGE 9

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NEWS 1

Body found on Doncaster

Winnipeg police were at the scene of a residence at 205 Doncaster St. in the Old Tuxedo area where the body of a woman was discovered Saturday. Police are not calling it a homicide at the moment.

SHANNON VAN RAES/FOR METRO

On the hunt. Winnipeg police search for man who exposed himself

Police are warning people living in the Dufferin neighbourhood to be on the lookout for a man who exposed himself in front of two girls last week.

The two girls, aged 10 and 11, were walking in the 100 block of McKenzie Street around 12:30 p.m. on Jan. 30 when they noticed a man in a dark blue passenger van exposing himself while performing an indecent act.

The man did not get out of the van or have any contact with the girls.

The suspect is described as white, in his 30s, bald, and clean-shaven with sunglasses on. The van he was in may have been a Dodge. Anyone with information should call police at 204-986-6245 or 204-986-2848 or CrimeStoppers at 204-786-TIPS.

METRO

On the web

For more local news go to metronews.ca

New Arctic playground unveiled at city zoo

Unbearably cool. Soon people will be able to sit, eat, and watch the bears

The new playground features a bear-y fun slide. The Assiniboine Park Zoo has unveiled a first-of-its-kind play structure called The Polar Playground. BERNICE PONTANILLA/METRO

Northern lights along the ceiling, a moving ice-mass floor that crackles, and a slide out of a polar bear's mouth are just some of the imaginative components of the first-of-its-kind play structure unveiled at the Assiniboine Park Zoo.

The Polar Playground, Tundra Grill restaurant and Arctic Treasures gift shop were officially opened to the public on Friday.

These three attractions form part of the much-anticipated Journey to Churchill exhibit, which is on track to open in 2014.

The Road to Churchill exhibit is a multimillion-dollar project that includes an interpretive centre and will be home to numerous bears.

Margaret Redmond, president and CEO of the Assiniboine Park Conservancy, said they're "over the moon" to be able to unveil the restaurant, play area and store to Winnipeggers.

"This is the beginning of what will be the most incredible zoo experience, certainly that has ever been built in Winnipeg and, we believe, in North America, and that's Journey to Churchill," said Redmond, adding the playground is "unique, world-class, unparalleled."

"And the fact that it's attached to a restaurant where you will eventually be able to sit and watch polar bears right on the other side of the glass from you, put all together this will be unbelievable for people."

Vancouver's Orca Coast Playgrounds designed, manufactured and installed the Polar Playground, which includes a wall-sized icicle xylophone, a thin-ice cave, and games to learn about Arctic animals.

BERNICE PONTANILLA/METRO

HAPPY BIRTHDAY, FACEBOOK, I DON'T USE YOU

WHAT'S GOOD
Ace Burpee

Today is Facebook's birthday. It was on this day in 2004 that Mark Zuckerberg launched Facebook.com and proceeded to change everything. I'm not on Facebook. Nope. I'm sure I have a profile there just so someone doesn't steal my name, but I have no password and zero Facebook friends.

Here's what's good about this: I'm not certain I've missed anything. Here's a list of positives from almost a decade of NOT being on Facebook:

1) I'm sure there is a photo of every single one of us on Facebook that we would rather wasn't there. I'll never know. Ignorance, in this case at least, is bliss.

2) I'm human. We all are, and as such, I know for a fact I would have at some point, probably late on a Friday night, checked to see what a former girlfriend was up to. I doubt it would have made me happier.

3) Farmville. I raised thousands and thousands of chickens and turkeys, and tended to a garden the size of about 10 city lots while growing up in Cooks Creek. While it wasn't the hardest work in the world, I would also never have considered it "fun." Perhaps I've missed out, never having played Farmville. Not sure. I know I like real farms, though.

4) I've missed the live, real-time death of proper grammar and spelling. Your and you're are apparently the same word. Too, two and to? Forget it, just use 2. Done.

5) I may have missed reading or seeing your status update on my phone, but no worries — if it's a real zinger and one you were really proud of, you'd tell me anyway.

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Stumping. Trudeau talks to U of M students during whirlwind Winnipeg stop

Liberal leadership candidate Justin Trudeau got anything but a chilly reception during a visit to the University of Manitoba on Friday.

Hundreds crammed into the main lobby of the Drake Centre and along the stairs to the second floor to listen to the son of former Canadian Prime Minister Pierre Trudeau make his case for why he should lead the federal wing of the party.

"The reception here in Winnipeg has been chilly outside but very, very warm inside to compensate for that," Trudeau told Metro following his speech.

Trudeau touched on many subjects, but returned repeatedly to the importance of Canada's youth casting their vote, saying that the fact that young people aren't voting is more a reflection on the current state of politics than the youth themselves.

"Politics seems to be much more about arguing over who's right than arguing about what's right," said Trudeau, "trying to pit one region against the other, east against west, urban against rural, communities within themselves against each other.... No wonder people are cynical about politics."

Trudeau kept his speech to about 10 minutes and then spent nearly half an hour answering questions from those in attendance, including questions on Idle No More, Internet availability across the country and the now-defunct Katimavik youth program.

Liberal leadership candidate Justin Trudeau BERNICE PONTANILLA/METRO

Trudeau said if he were elected leader and then prime minister, he would never use omnibus bills to get legislations passed, as was done by Stephen Harper's Conservative government last year.

"(Omnibus bills) are used as mechanisms to avoid debate on contentious legislation to shortcut the process of transparency," he added.

Trudeau also visited the Universite de Saint-Boniface on Friday before heading to Ile Des Chenes just outside Winnipeg.

BERNICE PONTANILLA/METRO

Will spring come early?

Lisa Tretiak, president of the Prairie Wildlife Rehabilitation Centre, says Winnipeg Willow did not see her shadow on Saturday, meaning spring is just around the corner. However, puppet rodent Manitoba Merv did see his shadow. We'll just have to wait and see. HOWARD WONG/FOR METRO

Liberal leadership candidate Martha Hall Findlay takes part in the Liberal Party of Canada leadership event in Winnipeg Saturday. JOHN WOODS/THE CANADIAN PRESS

Liberal Q&A deemed 'dry'

Leadership race. 'Debate' featured nine Liberal contenders answering questions for 11 minutes each

It was billed as a debate, but the two plush chairs on stage made it clear Saturday's Liberal leadership event would not be your typical candidates' battle.

The nine contenders never squared off against each other. Instead, they sat down, one by one, with a moderator — Harvey Locke, who ran unsuccessfully for the Liberals in the recent federal byelection in Calgary Centre — and answered questions for 11 minutes each in front of 400 Liberal faithful.

In an effort to let party members get more familiar with the candidates, Locke's questions ranged from serious issues such as crime and rural development to some personal revelations. Marc Garneau, for example, loves to do household chores.

"I love to vacuum. There is nothing more satisfying than sucking up a dust buffalo with a vacuum cleaner," Garneau said when Locke asked him to reveal something personal about himself.

The candidates reiterated their positions on issues such as justice — more prevention, less emphasis on prison-building — and marijuana — Joyce Murray and George Takach are in favour of legalization.

Justin Trudeau, the presumptive front-runner who raised almost $600,000 in the first three months of the race, touted community policing and youth sports as ways to prevent kids from falling into trouble with the law.

The format — closer to that of a talk show than a political debate — met with mixed reviews in the audience. Brent Neill, a longtime Winnipeg Liberal who is backing Joyce Murray, said the event was dull.

"It's a really dry format in terms of no real interaction between the candidates," he said.

But some liked the fact that all the candidates were given 11 consecutive minutes in the spotlight.

The party will pick its new leader April 14 in Ottawa.

THE CANADIAN PRESS

Idle No More

A small group of Idle No More protesters tried to disrupt the event early on. One of them banged a drum and shouted but the small group was quickly taken outside by security. The group were upset that aboriginal issues were not on the agenda for the event, although they were discussed by candidates.

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RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

Police evicted activists from Confederation Park in November 2011. THE CANADIAN PRESS FILE

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. THE CANADIAN PRESS

L'Epiphanie, Que. Police begin investigation into lethal quarry landslide

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers — a woman and a man — were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said,

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a worker was run over by a truck a year earlier.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described the company as responsible.

Jacques Nadeau, spokesman for Quebec's workplace safety board, said the investigation would include interviewing workers at the site and geological experts.

"We'll have to look at the history behind the company, but every accident is unique," he said, adding that the investigation would take about six months. THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

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Twitter hacking may affect 250K accounts

Cyberspying. Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyberattack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

Quoted

The attack "was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, in a blog post.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service. THE CANADIAN PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile-phone service provider Asiacell raised close to $1.3 billion Sunday on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein. THE ASSOCIATED PRESS

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Colin Fast
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The city budget process sucks.

That might not be the most eloquent argument, but it neatly sums up my feelings about a process that sees city council propose and pass $1.5 billion in spending commitments in just 20 days.

If council had made some effort to seriously consult with the public, the rapid timeline might be justified. But the current system is clearly designed to prevent that from happening.

For example, this year's draft budget was released on Jan. 9. It was reviewed and voted on by the Infrastructure and Public Works Committee just two days later. That's hardly enough time for an accountant to soak in over 600 pages of numbers, much less your average citizen.

Oh, and the timing of that meeting? Nine o'clock in the morning, which works great for retirees, but not so well for people who have jobs or child-care commitments. Even worse, the budget review was lumped in with regular committee business, which meant the keeners who did attend were forced to sit for seven hours to find out how the committee voted.

A fresh start

How could city council improve its process, and make citizens feel like their voice actually matters? Well, it could start by just asking them what they think.

And that wasn't even the worst case. The Protection and Community Services meeting held a few days later ran over 12 hours!

So how could city council improve its process, and make citizens feel like their voice actually matters? Well, it could start by just asking them what they think.

That's what some other cities are doing in moving ahead with a system called participatory budgeting, which gives the public a chance for input long before a draft budget is ever released.

The goal is to help citizens understand the difficult choices that council has to make by leading them through their own priority setting and budget exercise. The end result is a budget the public feels some sense of ownership over. It's not council's budget, it's actually the city's budget.

The participatory process could incorporate everything from small meetings with interested groups, to town halls hosted by the mayor, city-wide surveys, online budgeting tools or social media. Calgary even launched a mobile app that allowed users to rate various services as part of its public consultation last year.

This city barely has a functional website, so I'm not going to hold my breath for a fancy new app anytime soon. But, the good news is that Coun. Russ Wyatt, chair of the finance committee, has promised the city will incorporate more public input into next year's budget.

Let's hope he's serious about that commitment, because we all use the roads, sidewalks, buses, community centres or emergency services in this town, and we all deserve a say about how the place is run.

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is directly descended from Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite

VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland
A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Pedalling force is strong with this one

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The wheels on a bike go round and round.

That will definitely be the case on Feb. 9, as the wheels on one bike will keep on spinning — for the full day — in an effort to raise money for the Heart and Stroke Foundation of Manitoba.

Lauren Parsons is the pedalling force behind the 24-hour Heart Cycle, which aims to raise $5,000 for the foundation by having participants sign up for a one-hour time slot on a stationary bike to keep the wheels turning for 24 hours.

But the event is about more than raising money — it's about raising awareness.

"Heart disease and stroke aren't just things that affect older people. It's not just a problem for people over the age of 60," says Parsons.

This hits close to home for Parsons, as her sister's boyfriend of 10 years, Scott, passed away from heart-related illness at the age of 31.

Parsons organized a cycling fundraiser because, the year before he died, Scott was riding a bike (a birthday present from Parsons' parents) and feeling healthier and happier for it.

"Symbolically, to have the wheels of the bike spinning for the entire 24 hours is more important than a monetary goal," says Parsons. Now that is truly a bike ride with heart.

CRAIG AND MARC KIELBURGER

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What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. TORSTAR NEWS SERVICE

Bringing sexy back (finally)

Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. THE ASSOCIATED PRESS

Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens, Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put a groove on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman, as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.

Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress. THE ASSOCIATED PRESS

GETTY IMAGES

Sandy Hook

Students join Hudson on stage

As 26 children walked to the centre of the Superdome to sing, a packed crowd in the Big East fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a rendition of America the Beautiful that had some players and countless fans in the stands on the verge of tears. THE ASSOCIATED PRESS

SCENE

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The Word

Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long

THE WORD
Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Twitter

@kirstiealley
my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey

@ElizabethHurley
Dragging myself downstairs to put puppy in the garden.....

@JuddApatow
I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.

@SteveMartinToGo
The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

Nicole Kidman

'No surgery for me,' says Kidman

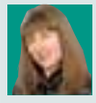
Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones



STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads: 1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs.

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.

Lindsay Lohan

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatevs," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings. TORSTAR NEWS SERVICE

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Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?!

Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Being mindful of our nice-to-nag ratio

Communication with your children can be tough. Remember to try to stay calm. ISTOCK IMAGES

Hands down, my greatest challenge as a mother is trying to stay calm and facilitate growth through the natural wild behaviour children have. I want to be calm, but wow, it is hard to do.

So I ask myself a question every day to help me stay focused on being calm What will be my nice-to-nag ratio?

Every family who has come to see me in my psychotherapy practice with "misbehaving children" has had a very low nice-to-nag ratio. Children use behaviour to communicate until they can find the words to express themselves, and misbehaving children and their parents can get into a pattern where the bulk of any communication to that child is corrective. "Stop it! Why are you doing that? Why won't you listen?" Again, it can be hard to be nice to a child who, in your mind, is always blowing it.

"Your ability to enjoy your child may be the most important factor in his development," according to Laura Markham, PhD, author of Peaceful Parents, Happy Kids.

If I can stop myself from hurting or scaring my child or continually being on my child's back when they need direction, I won't be contributing to their negative self-talk. Children push away from their parents when they experience too much wounding from them.

Do you like to be around people who are continually on your case? No, and neither do your children. An exhausted, mother of a "rebellious teen" said, "I wish someone would have told me this when my daughter was little. How can I possibly take back all those days I constantly nagged her? Help me get her back." Thankfully, I can report that after a year of that mom's conscious decision to communicate with her daughter openly, she is well on her way to getting her daughter back.

ANDREA NAIR/YUMMYMUMMYCLUB.CA

Type your way to the total package by polishing up your online presence

I'm with the brand. Beyond the paper resumé, there's a world of ways you can promote your best self on the web

ELIZABETH BEDDALL
life@metronews.ca

When they meet you in person, will you properly reflect the profile you've set up online? If not, it's time to make some edits. ISTOCK

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance
People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume
Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have to read about you.

Clarity
Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending some time to figuring out the right words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity
Diversity is having multimedia content supporting the real-world-you.

This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example,

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

Put your best face forward

"People are more likely to believe you if you have a professional photo."
James Davidson
Talent acquisition manager for PwC

people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation
Lastly, validation is essential in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.

A home office space that works for you

This desk gets your best. The fridge and TV may be just around the corner, but you're happy to plug away in your productivity pad

One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples offer the following tips for setting up your home office to help maximize your productivity:

The ideal working environment
Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of the things you need to spur productivity.

Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized.

For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furniture, decide what you need as an absolute minimum to encourage you to use the space as intended.

If home is where the hard work is, make sure your milieu sends you messages of motivation. ISTOCK

The cost of outfitting a home office
A basic home office setup can cost you under $500 if you already have a computer that you can relocate to your new space.

There are a number functional office furniture options that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photocopier. Fortunately, there are three-in-one office machines that combine a printer, fax and copier in one piece of equipment. Keep in mind, however, that a machine that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer.

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The In-Credibility Factor

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Ronjiny Basu, above, and her business partner Tanima Majumdar use fabric made with 100 per cent natural fibres for their scarves. PROVIDED

Tanima Majumdar is the photographic force behind Chobhi scarves. PROVIDED

In-Credibility factor:

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan:

Have a strong business and marketing plan that is customer-centric
It's important to have a product that connects to customer's emotions and links to a lifestyle statement.

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Grilled cheese grows up with onions and tomatoes

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese, freshly grated
- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Healthy eating

Choose it and lose it

ROSE REISMAN
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Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

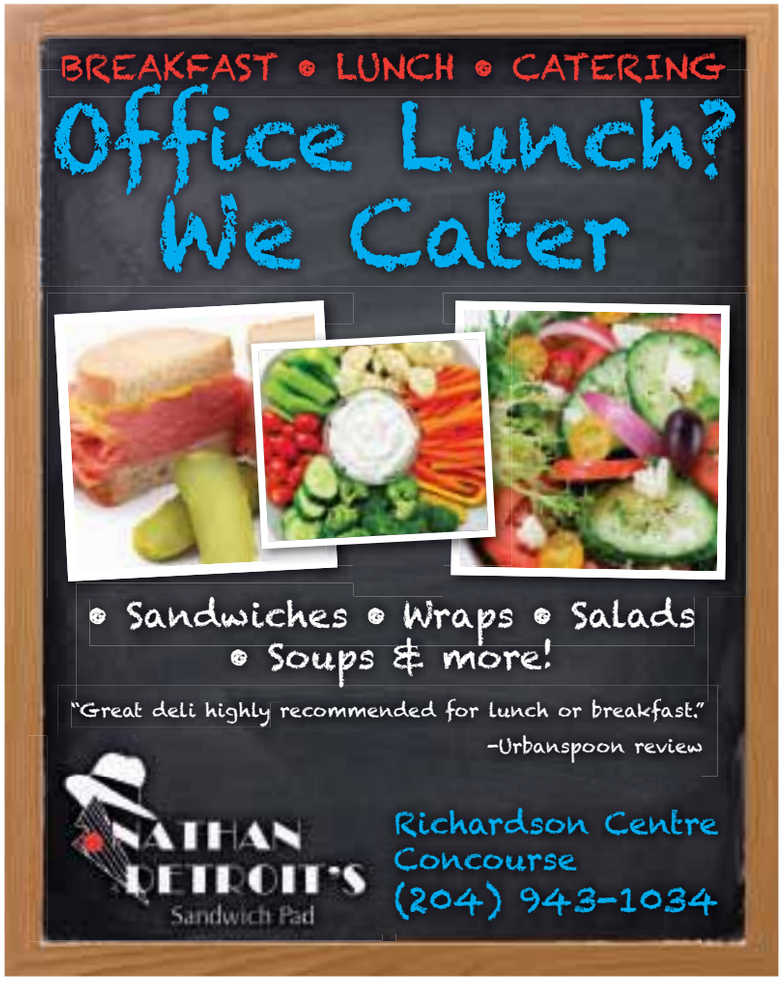
620 calories / 39 g fat
With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.

Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.

Subway steak and cheese sub (6 inch)

380 calories / 10 g fat
Shocking to most, the lean steak and cheese is a healthier option.



Lunch. Veggie Hummus Crunch

Canadian winters often make us want to curl up with a plate of our favourite comfort food. This filling, easy-to-make meal will allow you to satisfy that craving for a filling and delicious spread while sticking to your healthy-eating goals.

Like fruits and vegetables, bread has naturally occurring vitamins and minerals and is an excellent source of nutrients that can help Canadians manage their weight. An excellent source of Manganese, which helps your body metabolize carbohydrates, this sandwich is a perfect way to satisfy your hunger.

Ingredients

- 4 Slices Dempster's WholeGrains Wheat & Oats with Honey Bread, toasted
- 1/3 cup (80 ml) Hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

1. Spread hummus evenly on one side of each slice of toast.

2. Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches.

3. Cut in half and serve.

NEWS CANADA/ NATURALLYDEMPSTERS.CA

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Short-track speed skating

Hamelin doubles up on gold in Russia

Short-track star Charles Hamelin won his second gold medal in as many days to lead a three-medal effort by Canadians at the Samsung ISU World Cup on Sunday in Sochi, Russia.

Hamelin, from Sainte-Julie, Que., finished first in the 1,000 metres, while Gabrielle Waddell of Red Deer, Alta., won her first individual medal, taking bronze in the women's 500 metres. Waddell later helped the women's relay team win silver.

Hamelin, who won the men's 500 on Saturday, earned his latest gold with a time of one minute 25.159 seconds.

"I was trying to be more patient and save energy for the end," said Hamelin. "So in the middle of the race, I tried a pass on the outside, but I got caught by the Korean with his deep track and I almost fell. I didn't panic. I got back on my blades and got back to the pack."

Semen Elistratov of Russia was second and American J.R. Celski finished third. Jinkyu Noh of South Korea settled for fourth.

THE CANADIAN PRESS

Canadian speed skater Charles Hamelin rounds a corner during the 1,000-metre men's final on Sunday in Sochi, Russia. THE ASSOCIATED PRESS

Cross-country skiing

Canadian pair work together for bronze

Canadian cross-country skiers Perianne Jones and Daria Gaiazova have both won sprint medals with teammate Chandra Crawford over the last two years.

On Sunday, Jones and Gaiazova showed that they can also reach the podium together.

Jones, from Almonte, and Gaiazova, from Banff, Alta., won their first medal as a duo, taking bronze in the 6x1.25-kilometre World Cup classic-style race in Sochi, Russia, with a time of 17 minutes 12.53 seconds.

Russians Julia Ivanova and Natalia Matveeva edged the Canadians in a photo finish in 17:12.47, while the Finns of Mona-Lisa Malvalehto and Anne Kylloenen won gold in 17:06.9.

THE CANADIAN PRESS

Baltimore Ravens wide receiver Anquan Boldin, left, stiff-arms San Francisco 49ers cornerback Chris Culliver during the second half of Super Bowl XLVII on Sunday in New Orleans. GENE PUSKAR/THE ASSOCIATED PRESS

Ravens shine bright after power outage

Super Bowl. 49ers nearly climb all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

Super Bowl XLVII

Ravens	49ers
34	31

A power outage at the Super Bowl put the nation's biggest sporting event on hold for more than a half-hour Sunday, interrupting an otherwise electric, back-and-forth game that ended with Joe Flacco and the Baltimore Ravens as NFL champions thanks to a 34-31 victory over the San Francisco 49ers.

Flacco, voted the MVP, threw three first-half touchdown passes to cap an 11-TD, zero-interception post-season. Jacoby Jones returned the second-half kickoff 108 yards, a Super Bowl record, to give Baltimore a 28-6 lead.

Moments later, lights lining the indoor arena faded, making it difficult to see. When action resumed, Colin Kaepernick and the 49ers scored 17 consecutive points, getting as close as 31-29.

But Baltimore stopped San Francisco on fourth-and-goal from the five with under two minutes left when Kaepernick's pass sailed beyond Michael Crabtree in the end zone.

The biggest deficit a team has ever overcome to win a Super Bowl is 10 points, and there were moments where it appeared San Francisco had a chance to better that mark. Instead, the 49ers lost for the first time in six trips to the Super Bowl.

The AFC champion Ravens (14-6), a franchise that moved from Cleveland to Baltimore 17 years ago, improved to 2-0 in the big game. They also won the championship in 2001, when linebacker Ray Lewis was voted the game's MVP. Lewis was not a major factor this time, but he was a centre of attention, playing in the final game of his 17-year career before retiring.

The 49ers struggled early in the first Super Bowl coaching matchup between brothers: Baltimore's John Harbaugh is 15 months older than San Francisco's Jim Harbaugh.

Baltimore led 28-6 after Jones opened the second half with the longest kickoff return in a Super Bowl.

THE ASSOCIATED PRESS

After the game. Questions linger around ever-popular NFL

49ers tight end Vernon Davis takes a hit from Ravens defenders Sunday in New Orleans. GETTY IMAGES

The Super Bowl closes a tumultuous year for the NFL.

Suicides by former NFL players. Thousands of others filing concussion lawsuits. New studies linking football to brain disease. Still no testing for human growth hormone. The spectre of other purported performance-enhancing products — deer-antler spray, anyone? — being peddled to players.

A bounty scandal. A lockout of officials resolved only after a ludicrous game-ending call. Zero minority hires for 15 coach and general-manager openings.

And yet the league is as popular as ever. Eleven of the 12 most-watched TV programs during the last two and a half years were NFL post-season games, according to the league.

Uncertain, though, is what the future holds for an NFL.

"The game has changed and keeps changing. ... It is such a violent game, and such a collision game, that careers are going to be kind of like not long at all. Because you take those licks — you've only got so many in your body, and at some point that's going to wear it out," said Ravens running backs coach Wilbert Montgomery, who played that position for the Philadelphia Eagles and Detroit Lions from 1977-85.

Montgomery said he got six concussions in one season alone, and others along the way, including one that knocked him out cold a few days before playing for the Eagles in the NFC title game at the end of the 1980 season.

THE ASSOCIATED PRESS

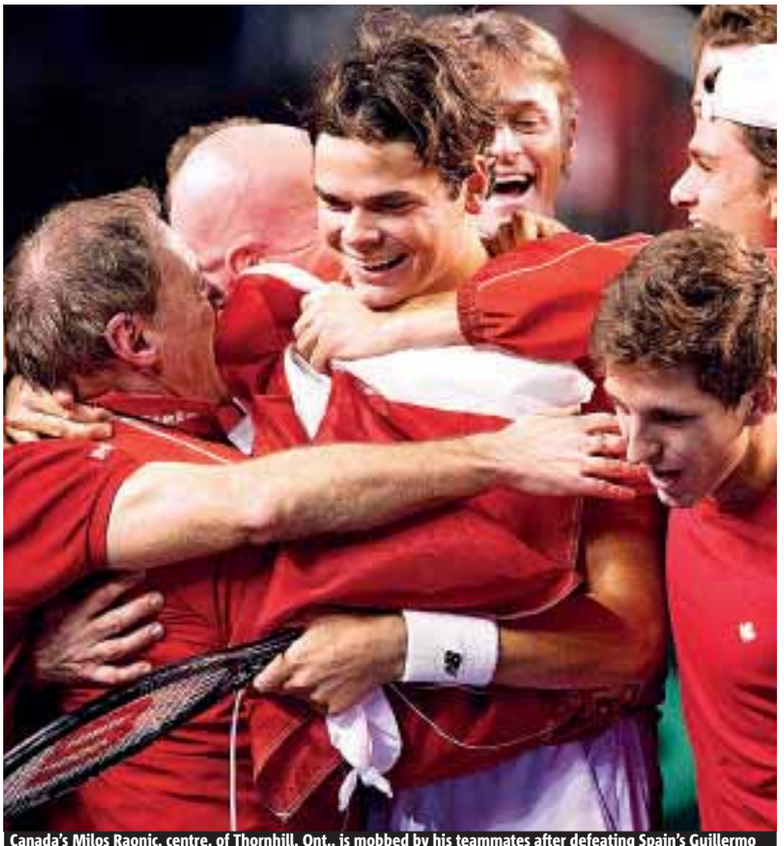
By the numbers

$4M

Advertisers paid nearly $4 million per 30-second TV commercial for the right to reach the 100 million or so Americans expected to tune into Sunday's Super Bowl.

4 SPORTS

Raonic's win leads Canada over Spain in Davis Cup upset



Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates after defeating Spain's Guillermo Garcia-Lopez during a first-round singles match at the Davis Cup World Group in Vancouver, B.C., on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Tennis. Canucks knock off No. 1-ranked side and advance to the second round

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday.

Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play.

Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja, who made a late lineup change in a bid to right Spain's fortunes.

Canada entered play with a 2-1 lead and needed just one win in its final two singles matches to claim the tie.

Garcia-Lopez replaced Marcel Granollers, who was tagged as Spain's top singles player for this event as the five-time Davis Cup champion was missing its four top players.

Garcia-Lopez tried to counter Raonic's power with several cross-court shots in a bid to get the world's 15th-ranked player running around the court.

But Raonic, from Thornhill, Ont., had little difficulty returning Garcia-Lopez's attempts. Canada's top singles player got off to a hot start as he opened with back-to-back aces and won the game at love with a well-placed volley in the back corner opposite Garcia-Lopez. Raonic took a 3-2 lead in the first set with another ace as he launched a 220 km/h serve past his opponent.

After coming back to break Garcia-Lopez's serve in the sixth game, the players held serve the rest of the way as Raonic took the opening set 6-3.

A first

This marks the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries.

- **Pre-tournament.** Canada is ranked 12th on the Davis Cup table while Spain, which lost the 2012 final to the Czech Republic, entered the weekend No. 1.

Raonic maintained his momentum in the second set and started the third set with a service break and hold to go up 2-0. Raonic proceeded to break again and was well on his way.

Serving for the match, Raonic built up a 40-15 lead and closed out the historic win with an overhead smash.

Canada will host Italy in the quarter-finals in April.
THE CANADIAN PRESS

NHL

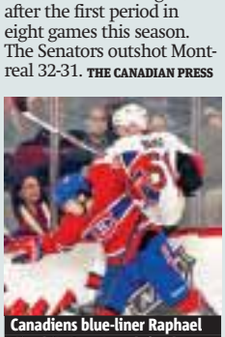
Canadiens cap off perfect weekend vs. Senators

David Desharnais and Erik Cole scored in the first period and the Montreal Canadiens hung on for a 2-1 victory over the Ottawa Senators on Sunday afternoon.

The win completed a sweep of weekend matinees at home for Montreal (6-2-0) after a 6-1 win Saturday over the Buffalo Sabres. The Canadiens have won five straight at home, after dropping their home opener to Toronto on Jan. 19.

Jakob Silfverberg scored for Ottawa (5-3-1), which was coming off a 1-0 loss in Carolina on Friday night.

Goalie Craig Anderson has not conceded a goal after the first period in eight games this season. The Senators outshot Montreal 32-31. THE CANADIAN PRESS



Canadiens blue-liner Raphael Diaz hits Senators defender Andre Benoit on Sunday in Montreal. THE CANADIAN PRESS

NHL. Penguins recover from bad bounce to trounce Capitals in D.C.

It was a game of disputed deflections and odd bounces, with the puck behaving more like that oblong ball with the laces more commonly associated with Super Bowl Sunday. The strangest carom of all came on a simple dump-in that hit a stanchion along the glass and went into a net deserted by a befuddled goaltender.

The Pittsburgh Penguins weren't fazed by that bit of misfortune that tied the game in the second period, just as the Washington Capitals couldn't take advantage of the stroke of luck. The third annual Super Bowl warm-up between the Eastern Conference rivals soon turned into a rout, with Chris Kunitz getting a hat trick in the visitors' 6-3 victory.

"I really like our team responding to that bad bounce that happened on the wall," Pittsburgh coach Dan Bylsma said. "Now it's 2-2 — and our team responded well with the penalty kill and getting some goals."

Kris Letang, Paul Martin and Matt Cooke also scored, Sidney Crosby had three assists, and Tomas Vokoun made 21 saves against his former team for the Penguins, who have won three straight and four of five to lead the Atlantic Division.

In a game that reflected both teams' fortunes so far in the lockout-shortened season, the Penguins had the luxury of spending the post-game talking about who actually should have received credit for their half-dozen goals.

Kunitz thought he scored four instead of three, saying he got his stick on the puck to redirect Martin's shot from the point in the first period. And Cooke was given a redirect goal on a shot from Deryk Engelland that seemed instead to hit Capitals defenceman Jeff Schultz.

"I didn't know they took the other one away from me," Kunitz said. "That's how it bounces. No one really cares around here. ... We're worried about the two points." THE ASSOCIATED PRESS

Penguins captain Sidney Crosby, left, takes a hit from his Capitals counterpart Alex Ovechkin on Sunday in Washington. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Carolina	7	3	4	0	18	23	6
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	20	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0
Saturday's results
Pittsburgh 5 New Jersey 1
Montreal 6 Buffalo 1
Colorado 3 Edmonton 1
Philadelphia 5 Carolina 3
NY Rangers 3 Tampa Bay 2
Boston 1 Toronto 0
Columbus 4 Detroit 2
Phoenix 2 Dallas 0
Chicago 3 Calgary 2 (SO)
Anaheim 7 Los Angeles 4
Nashville 2 San Jose 1 (SO)
Monday's games — All Times Eastern
Carolina at Toronto, 7 p.m.
Dallas at Colorado, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Tuesday's games
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

GOLF

PGA WASTE MANAGEMENT OPEN

At Scottsdale, Ariz.
Final round — Par 71

Phil Mickelson, $1,116,000	60-65-64-67—256
Brandt Snedeker, $669,600	64-66-65-65—260
Scott Piercy, $421,600	70-66-64-61—261
Ryan Moore, $297,600	66-66-65-65—262
Ryan Palmer, $248,000	64-73-66-62—265
Brendon de Jonge, $207,700	66-67-67-66—266
Brendan Steele, $207,700	69-65-65-67—266
Bill Haas, $207,700	65-64-70-67—266
Matt Every, $173,600	65-67-69-66—267
Padraig Harrington, $173,600	64-70-63-70—267
Robert Garrigus, $136,400	66-66-69-67—268
Billy Horschel, $136,400	69-68-64-67—268
Ben Crane, $136,400	67-71-64-66—268
Kevin Stadler, $136,400	68-68-69-63—268
Bubba Watson, $111,600	67-67-71-64—269
David Hearn, $84,165	**67-65-73-65—270**
Troy Matteson, $84,165	67-65-66-72—270
Gary Woodland, $84,165	67-66-67-70—270
Bo Van Pelt, $84,165	68-67-71-64—270
James Hahn, $84,165	71-67-70-62—270
Roberto Castro, $84,165	65-68-67-70—270
Jeff Klauk, $84,165	67-68-67-68—270

NFL

SUPER BOWL XLVII

Sunday's result
At New Orleans, La.
Baltimore 34 San Francisco 31

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	20	26	.435	11
Detroit	18	30	.375	14
Toronto	**17**	**31**	**.354**	**15**
Orlando	14	33	.298	17 1/2
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 **Toronto 85**
Saturday's results
Chicago 93 Atlanta 76
New York 120 Sacramento 81
Cleveland 115 Oklahoma City 110
Houston 109 Charlotte 95
Minnesota 115 New Orleans 86
San Antonio 96 Washington 86
Milwaukee 107 Orlando 98
Portland 105 Utah 99
Golden State 113 Phoenix 93
Monday's games — All Times Eastern
L.A. Clippers at Washington, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Chicago at Indiana, 7 p.m.
Detroit at New York, 7:30 p.m.
Charlotte at Miami, 7:30 p.m.
Dallas at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Sacramento at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus
April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini
May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer
June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring– but also that bad thoughts could lead to bad things. It's your call.

♌ Leo
July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo
Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius
Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

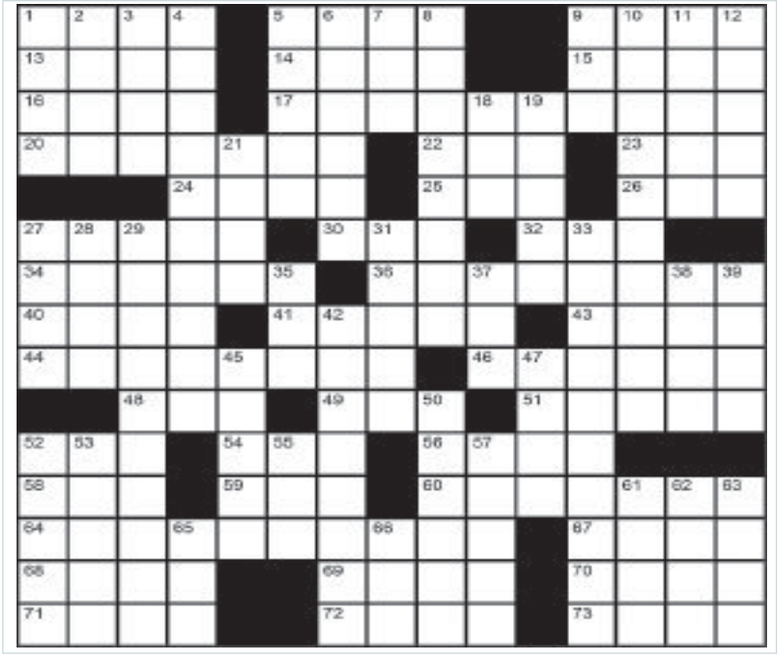
♒ Aquarius
Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces
Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

Crossword: Canada Across and Down

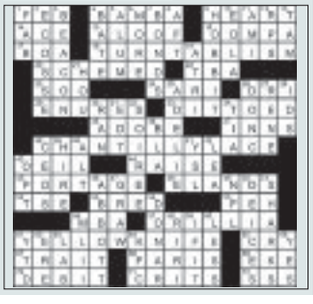
BY KELLY ANN BUCHANAN



Across
1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of __" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "__ _ __ a Witness" by Marvin Gaye
22. __ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The __ & Stimpy Show"
26. Faucet
27. Paul McCartney's nickname
30. __ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, __ __"
36. Carnaval de Quebec mascot
40. "__ __ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, __ _ _
48. Steve Nash's NBA team, on scoreboards
49. Cooking amt.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and __
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. __ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

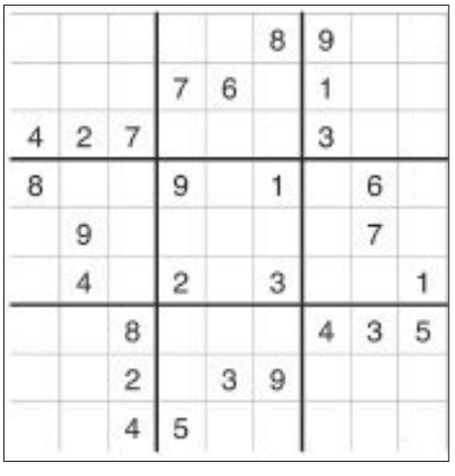
Down
1. Milwaukee, __.
2. "The Dame __ Experience"
3. Trim
4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep
19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here _ __, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio __ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valentine's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-__
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword

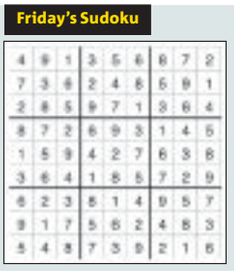


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -19° MIN: -31°	MAX: -17° MIN: -23°	MAX: -19° MIN: -22°

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(Kenaston at McGillivray)
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